

Games for the Visually Impaired:

# Guidelines



## For Participants

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(406) 771-6000

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# Welcome:



Welcome to the MSDB Games for the Visually Impaired. The following is a booklet of information for you as a parent or coach to use as a guideline. **We are asking that you use these guidelines to help decide in which areas your children should participate and what preparation they will need to be successful.** Children will be grouped in one of four areas by age and then put into categories of Blind, Visually Impaired, or Multi-Handicapped. Our mission is to give each child a chance to compete in an athletic competition and achieve success. Please find your child's age group and read through all of the information before filling out your registration form.

This booklet was updated **January 2006**. Some information has changed it the 14-21.



## Preschool 3-5

### Swimming:

**A participant may choose any combination of three activities from the regular activities.**

#### Pool Area:

- Wading Pool is approximately 8' X 10' and 1 1/2' deep.
- Towels will be provided, but you must bring your **own** swimming suit.
- **PARENTS ARE ASKED THAT THEY ASSIST THEIR CHILDREN WHILE THEY CHANGE IN AND OUT OF THEIR SWIMMING SUITS (IF NECESSARY). IF YOU NEED ASSISTANCE IN THIS AREA PLEASE INDICATE THIS ON THE REGISTRATION FORM OR INQUIRE WHEN YOU CHECK IN.**
- May have assistance or flotation devices; however, more points will be awarded without.

#### Event Description:

- Float on back (may use water wings); this event is judged on time. Limit of 1 minute.
- Participants will have 3 minutes to collect balls and place them in a container or hand them to a volunteer. The participant with the most balls will win.
- Push a balloon the length of the pool (10'). The fastest time wins.
- Blow bubbles in the water. The longest time wins.



## Gymnastics:

- Three events are included in the gymnastic sessions, but it is not required to enter all three events. However, more credit is given for greater participation.
- Movements can be from the very simple to the complex with more credit given to moves of higher difficulty.
- More credit is given to athletes who demonstrate prior preparation for the gymnastic events.

### Floor Exercise:

Music for this event is required. **PARTICIPANTS ARE RESPONSIBLE FOR BRINGING A CASSETTE TAPE RECORDED TO THE LENGTH OF THE ROUTINE.** The tape (labeled with the athlete's name and age) should be given to the coordinator of the floor exercises event at the time of participation. Choreograph the routine to cover the entire mat area (approximately 20' x 20').

### Suggestions:

- Headstand and variations
- Walk, run, skip, hop
- Handstand and walkovers, etc.
- Various sitting positions
- Forward roll, backward roll, log roll, straddle roll, bridges, extensions, scales

### Balance Beam:

The balance beam is 4 inches wide and about 6 inches high (low beam).

#### Suggestions:

- Scooting (seated) forward, backward
- Walking forward, backward, side-step, turns
- Various sitting positions, splits
- Forward roll, backward roll
- Cartwheel, kick to handstand, scales, etc.

### Strip Mat Tumbling:

Each routine should consist of three passes over the full length of the long narrow mat. They should include one forward movement pass, a rearward movement pass and a combination pass. Movements can be simple as crawling and log rolls to the more difficult rolls, walkovers, cartwheels, etc.



### Gym Activities:

Physical assistance may be given to any activity in this area. However, more points may be awarded if completed independently. If your child does not choose to participate in these events an area has been set up where you and your child can explore technology. In the afternoon when older participants are in track and field you are invited to participate in either the open swimming or bowling with your child.

#### Stack pile:

The child will stack 2" blocks vertically as high as possible before they tumble down. The child will have two (2) minutes if low vision and three minutes if totally blind to make as many attempts as possible. The highest stack will constitute his/her score. The blocks will be handed to the child by an assistant. The child will be offered the choice of stacking on the floor or on a table, which ever will give him/her the best chance for success. (MATERIALS: 20 2" blocks and stopwatch).

#### Body Bowling:

The child will be blindfolded if not totally blind and be surrounded by a circle of plastic bowling pins approximately one (1) foot away. An assistant will help the child knock down the pins by placing a sound source near the pins. The child will have two (2) minutes if low vision and three minutes if totally blind to knock down the pins. If all twelve (12) are knocked down before the time is up, the clock will be stopped, the pins will be set up, and then the child will continue to knock them down. The highest number of pins knocked down wins. (MATERIALS: 12 plastic coated bowling pins, sound source, blindfold, and stop watch).

#### Ball Rolling:

Ball rolling is pre-goal ball skill. A child will roll the ball from (5) feet to a marked goal area which is six (6) feet wide. Each child will be blindfolded and a sound source will be in the middle of the goal area. Balls that are rolled within one (1) foot of the source (on either side) will receive two (2) points and balls that stay in the six (6) foot goal area will receive one (1) point. Balls that do not roll in the goal area will receive zero (0) points. Each child will have five (5) tries.



Youth 6-9

## Swimming:

A participant may choose any combination of three activities from the regular activities.

### Pool Area:

- Swimming pool is 26' X 46' and from 3' to 8 1/2' deep.
- Towels will be provided in the locker room, but **YOU MUST BRING YOUR OWN SWIMSUIT.**
- May use assistance in water or floatation device for all activities; however more points will be awarded without such devices.

### Event Description:

- Freestyle: two (2) lengths of the pool.
- Kickboard race: two (2) lengths of the pool.
- Elementary backstroke: two (2) lengths of the pool.



Youth 6-9

## Track and Field:

Track and Field events will take place at East Middle School track (across the street from MSDB). Power wheelchair, manual wheelchair and walker users will be scored in their respective categories and are encouraged to participate.

### Softball Throw:

Each athlete will get three (3) throws; with the longest throw being recorded.

### 60-Meter Run:

Orange cones will be provided as visual markers and sound sources and guide runners will be available for the totally blind.

### Standing Long Jump:

Each athlete will get three (3) jumps; with the longest jump being recorded.



## Gymnastics:

- Three events are included in the gymnastic sessions, but it is not required to enter all three events. However, more credit is given for greater participation.
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### Floor Exercise:

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#### Suggestions:

- Walk, run, skip, hop
- Forward roll, backward roll, log roll, straddle roll, bridges, extensions, scales
- Various sitting positions
- Headstand and variations
- Handstand and walkovers, etc.

### Balance Beam:

The balance beam is 4 inches wide and about 6 inches high (low beam).

#### Suggestions:

- Scooting (seated) forward, backward
- Walking forward, backward, side-step, turns
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### Strip Mat Tumbling:

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## Youth 6-9



### **Gym Activities:**

Physical assistance may be given to any activity in this area. However, more points may be awarded if completed independently.

### **Obstacle Course:**

The participant will be timed as he/she negotiates an obstacle course by rolling down a wedge, crawling through a tunnel, wheelbarrow walking over a bolster and walking along a 4" balance beam, which is on the floor. The participant with the fastest time wins.

### **Scooter Races I or II (25 or 50 yards):**

The participant will lie on his/her stomach on the scooter and choose to propel him/herself with his/her arms for either 25 or 50 yards. Hands must be behind the starting line to start. A parent or volunteer can act as a mobile sound source allowing the participant to move toward their voice. The first to cross the finish line will win. (MATERIALS: gym scooters, starting/finish line, and stopwatches).

### **Pre-Goal Ball Skills:**

#### **Ball Rolling:**

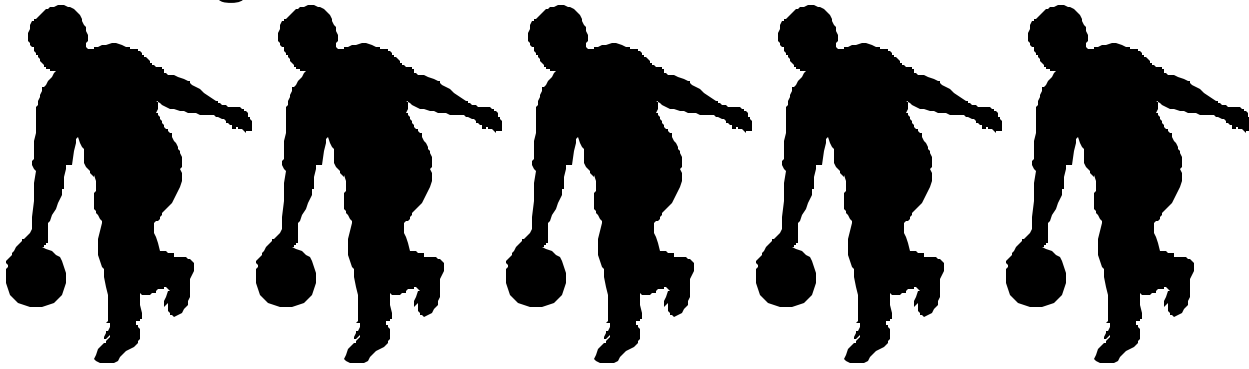
Ball rolling is pre-goal ball skill. A child will roll the ball from (10) feet to a marked goal area which is six (6) feet wide. Each child will be blindfolded and a sound source will be in the middle of the goal area. Balls that are rolled within one (1) foot of the source (on either side) will receive two (2) points and balls that stay in the six (6) foot goal area will receive one (1) point. Balls that do not roll in the goal area will receive zero (0) points. Each child will have five (5) tries.

#### **Blocking:**

Participants will go from a full standing position to a blocking position (body lying flat on ground, on side with arms and legs extended as if to block a thrown ball) and back to a standing position. The participant who can accomplish this the most times in a 30 second period is the winner.



## Bowling:



Bowling will take place on two standard size bowling alleys equipped with gutter bumpers. In addition a ramp is available as well as assistance from volunteers. **If your child is physically able to roll the ball and chooses to use the ramp, points will be deducted. Points will be given for independence, using orientation skills to get the ball and find the lane, plus actual points bowled.** Each participant will be allowed one practice frame. Each participant 6-9 years old will bowl 3 frames, while those 10 and older will bowl five frames.

## PENTATHLON:



A participant may choose any combination of three activities.

- Competitors **MUST** be at least 10 years of age. Each will be categorized prior to competition according to age, sex, and visual impairment.
- The pentathlon shall consist of five (6) events and shall be run as a separate entity from all other track and field events. A competitor must compete in all events with an honest effort. On any score or record sheet for the pentathlon the sheet/record must indicate the individual event performance and point summary, as well as a composite total.
- A minimum of three (3) competitors must be signed up for this event prior to competition or it will be canceled.
- Sound sources and guide runners will be made available.
- The pentathlon consists of six (6) events:
  1. 90 meter swim (6 lengths of the pool)
  2. 60 meter run
  3. 100 meter run
  4. Shot put
  5. Standing broad jump
  6. 400 meter run (optional and can be substituted for another event)



## Swimming: Youth 10 -13

A participant may choose any combination of three activities.

### Pool Area:

- Swimming pool is 26' X 46' and from 3' to 8 1/2' deep.
- Towels will be provided in the locker room, but **YOU MUST BRING YOUR OWN SWIMSUIT.**
- May use assistance in water or floatation device for all activities; however more points will be awarded without such devices.

### Event Description:

- Freestyle: two (2) lengths of the pool.

- Kickboard race: two (2) lengths of the pool.
- Elementary backstroke: two (2) lengths of the pool



**Youth 10 -13**

## **Track and Field:**

Track and Field events will take place at East Middle School track (across the street from MSDB). Power wheelchair, manual wheelchair and walker users will be scored in their respective categories and are encouraged to participate.

### **Softball Throw:**

Each athlete will get three (3) throws; with the longest throw being recorded.

### **60 Meter Run:**

Orange cones will be provided as visual markers and sound sources and guide runners will be available for the totally blind.

### **Standing Long Jump:**

Each athlete will get three (3) jumps; with the longest jump being recorded.



## Gymnastics:

- Three events are included in the gymnastic sessions, but it is not required to enter all three events. However, more credit is given for greater participation.
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### Floor Exercise:

Music for this event is required. **PARTICIPANTS ARE RESPONSIBLE FOR BRINGING A CASSETTE TAPE RECORDED TO THE LENGTH OF THE ROUTINE.** The tape (labeled with the athlete's name and age) should be given to the coordinator of the floor exercises event at the time of participation. Choreograph the routine to cover the entire mat area (approximately 20' x 20').

#### Suggestions:

- Walk, run, skip, hop
- Forward roll, backward roll, log roll, straddle roll, bridges, extensions, scales
- Various sitting positions
- Headstand and variations
- Handstand and walkovers, etc.

### Balance Beam:

The balance beam is 4 inches wide and about 6 inches high (low beam).

#### Suggestions:

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## Gym Activities:

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### Goal Ball Skills:

#### Ball Rolling:

Ball rolling is goal ball skill. A child will roll the ball from (20) feet to a marked goal area which is six (6) feet wide. Each child will be blindfolded and a sound source will be in the middle of the goal area. Balls that are rolled within one (1) foot of the source (on either side) will receive two (2) points and balls that stay in the six (6) foot goal area will receive one (1) point. Balls that do not roll in the goal area will receive zero (0) points. Each child will have five (5) tries.

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### Regulation Free Throw:

The participant will shoot a basketball from the 12" foul line at an 8 foot basket after two (2) practice throws. Each participant will have three (3) official shots with two (2) points each being earned for baskets made and one (1) point earned each time the ball hits the rim but does not go in. Most points earned wins. (MATERIALS: regulation height basketball hoop with backboard and basketball).



## Bowling

Youth 10 -13

Bowling will take place on two standard size bowling alleys equipped with gutter bumpers. In addition a ramp is available as well as assistance from volunteers. **If you child is physically able to roll the ball and chooses to use the ramp, points will be deducted.** Each participant will be allowed one practice frame. Students 10 and older will bowl five frames.

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## Youth 14 – 21

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## Endurance Challenge:

- Participants will use three different endurance machines for a maximum of 10 minutes. The participant with the most distance covered will earn top points.
- A stationary bike, elliptical machine and stair stepper will be used during this event.



Updated changes made January 2006